

# MENU PLANNER

September 2011

## Menu - Week 1

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

			09/01	09/02
			Baked Ham (3oz) Macaroni & Cheese (1/2c) Mixed Greens (1/2c) Fresh Fruit Corn Muffin (1)	Meat Loaf Alfredo (6oz) Italian Blend Veg (1/2c) Broccoli (1/2c) Diced Peaches (1/2c) Roll (1)

## Menu - Week 2

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**LABOR DAY FROZEN**

09/05	09/06	09/07	09/08	09/09
BBQ Beef (6oz) Spanish Rice (1/2c) Yellow Squash (1/2c) Fresh Fruit Tortilla (1)	Breaded Fish Sandwich (1) Sliced Carrots (1/2c) Crinkle Fries (1/2c) Tartar Sauce (1), Ketchup (1) Fresh Fruit Wheat HB Bun	Pineapple Glazed Chicken (4oz) Peas & Carrots (1/2c) Green Beans (1/2c) Fresh Fruit Roll (1)	Chicken Parmesan w/ Tomato Sauce Broccoli (1/2c) Spaghetti Noodles (1/2c) Spiced Peaches (1/2c) Breadstick Pkg (1)	Italian Beef Patty (1) w/ Brown Gravy Mashed Potatoes (1/2c) Zucchini w/ Tomato (1/2c) Fresh Fruit Roll (1)

## Menu - Week 3

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**PROJECT COUNCIL**

09/12	09/13	09/14	09/15	09/16
Baked Turkey w/ Gravy (4oz) Sweet Potatoes (1/2c) Mixed Greens (1/2c) Fresh Fruit Roll (1)	Baked Ham (3oz) English Peas (1/2c) Sliced Carrots (1/2c) Fresh Fruit Wheat Bread	Scrambled Eggs (4oz) Picante Sauce (1) Diced Hash Browns (1/2c) Sausage Patty (1) Fresh Fruit Flour Tortilla (1)	Chicken Stir-Fry w/ Asian Vegetables Fried Rice (1/2c) Seasoned Cabbage (1/2c) Mini Egg Roll (1) Fresh Fruit Soy Sauce (1)	Chicken Fajitas (4oz) Pinto Beans (1/2c) Spanish Rice (1/2c) Picante Sauce (1) Tortilla (1) Sugar Free Jell-O



Funded through the Texas Department on Aging  
Alamo Area Council of Governments

Approved By Selrico Services, Inc. \_\_\_\_\_

Approved By: \_\_\_\_\_  
Signature

\*All meals will include 8oz Milk or Calcium Fortified Juice.

## MENU PLANNER

September 2011

### Menu - Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09/19	09/20	09/21	09/22	09/23
Hot Dog (1) Mustard/Relish/Ketchup Sauerkraut (1/2c) Tater Tots (1/2c) Fresh Fruit HD Bun	Shredded BBQ Beef Green Beans w/ Almonds (1/2c) Hot Cinnamon Peaches (1/2c) Coleslaw (1/2c) Wheat HB Bun	Salisbury Steak (4oz) w/ Brown Gravy Green Beans (1/2c) Cream Style Corn (1/2c) Fresh Fruit Roll (1)	Sausage w/ Salsa (3oz) Seasoned Cabbage (1/2c) Peas (1/2c) Diced Pears (1/2c) HD Bun	Chicken Meatballs (6) Spaghetti w/ Tomato Sauce Italian Blend Veg (1/2c) Diced Peaches (1/2c) Breadstick Pkg (1)

### Menu - Week 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09/26	09/27	09/28	09/29	09/30
Breaded Fish Sandwich Tartar Sauce/Ketchup Crinkle Fries (1/2c) Spinach (1/2c) Wheat HB Bun	Smothered Chicken w/ Onion Gravy (1) Black-Eyed Peas (1/2c) California Blend Veg (1/2c) Fresh Fruit Roll (1)	Meatloaf w/ Mushroom Gravy Peas & Carrots (1/2c) Steamed White Rice (1/2c) Fresh Fruit Wheat Bread (1)	Ham Chunks Pineapple Coleslaw (1/2c) Pasta Salad (1/2c) Saltine Crackers (4) Sugar Free Jell-O	Beef Burrito (1) w/ Cheese Sauce Pinto Beans (1/2c) Squash w/ Tomatoes (1/2c) Diced Pears (1/2c)

### Menu - Week 6


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